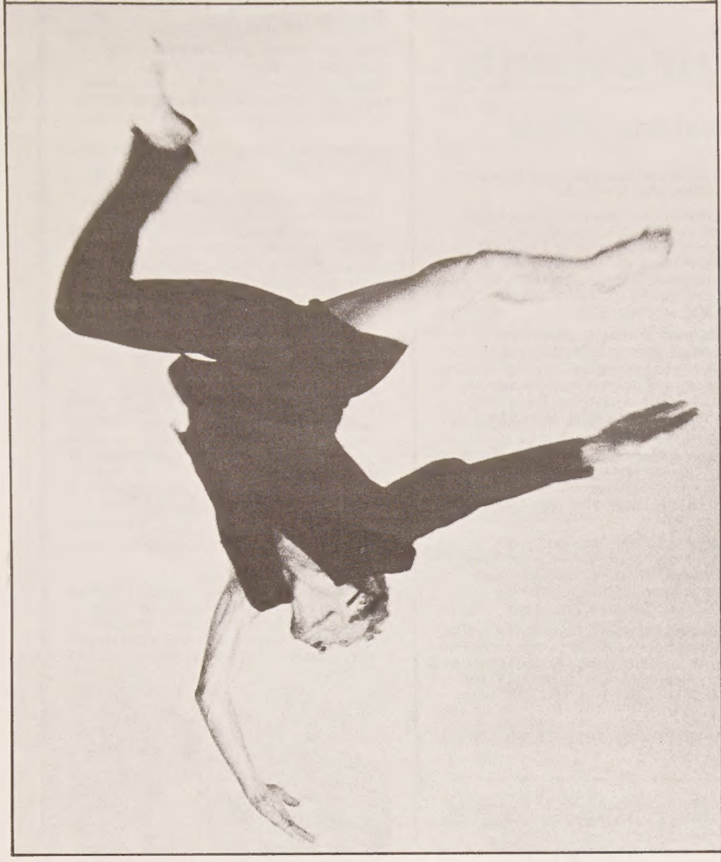
March 1983



Richard Haisma, one of many outstanding artists served by the S.F. Bay Area Dance Coalition. (see article)

Photo: Erick Weber

FORT MASON CENTER

FOR THE ARTS, HUMANITIES, RECREATION, EDUCATION AND ECOLOGY.

Notices

DAILY RECORDED MESSAGES OF FORT MASON ACTIVITIES & EVENTS: 441-5705

AM/FM RECYCLING. Jane Olsen. Newspaper-loose paper, **NO** magazines, telephone books, or cardboard. Tin & alumnimum, clean & flattened. Glass-all colors, caps removed. **2nd & 4th Saturday of every month,** 9AM-2PM, South end of Bldg. A, outside. 282-2479

HANDICAPPED. Ft. Mason can make arrangements for the handicapped if notified in advance. Ramps & elevators are available. Call 441-5706.

Fort Mason offices are now open Monday through Saturday.

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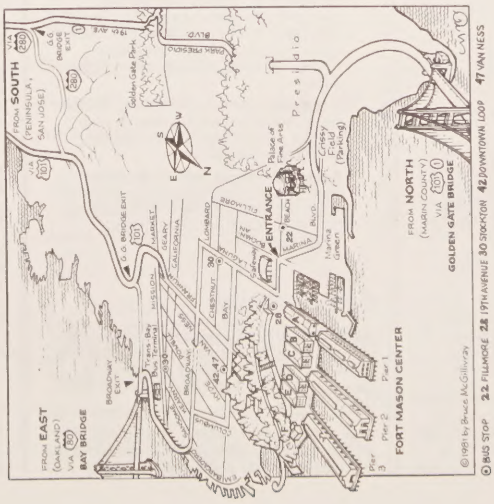
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Change of Address: Forward both old and new addresses, plus a copy of your most recent mailing label, if possible, to Calendar, Fort Mason Center, Building A, San Francisco, CA, 94123.

Residents Directory

Fort Mason Center houses over forty resident organizations. These groups can provide you with information on the recording business, dance, broadcasting, theatre, river rafting, marine ecosystems, printmaking, copyrights, boatbuilding, freelance writing and much more. Drop in at their offices to find out about classes, services, speakers or trips made available to you by these outstanding Bay Area groups. A complete list of residents appears below.

BLDG A.
Ace Mailing (771-6280)
City Arts Monthly/City Celebration (474-3914)
Contemporary Crafts, Meyer, Breier, Weiss (928-2119)
Fort Mason Foundation (441-5706)
SFMMA Rental Gallery (441-4777)
Greens Restaurant (771-6222)
Tassajara Bread Bakery 2 (771-6330)

BLDG B.
Arts Arbitration & Mediation Services (775-7715 or 775-7200)
Community College Art Center at Fort Mason (776-8247)
Cooks & Company (673-4137)
Marine Exchange (982-7788)
People's Theatre Coalition
(885-2790/office, 776-8999/box office)
Ploughshares Fund (922-5393)
World Print Council (776-9200)

BLDG C.
Academy of Media & Theatre Arts (776-4720)
African-American Historical & Cultural Society (441-0640)
Bay Area Lawyers for the Arts (775-7200)
World Music Network (441-5778)
Environmental Traveling Companions (474-7662)
Feedback Productions Make-A-Circus, Talespinners (776-8477)
Friends of the River (771-0400)
The Fund for Animals (474-4020)
Perception Gallery (776-0347)
Performing Arts Workshop (673-2634)
S.F. Bay Area Dance Coalition (673-8172)
S.F. Central Y.M.C.A. (855-0460)
S.F. Children's Art Center (771-0292)
S.F. Folk Music Center (441-8910)
S.F. Theatre Academy (775-1533)
Tamalpa Inst. & Dancers' Workshop of S.F. (771-1212)
Waking Up in the Nuclear Age (928-2014)

BLDG D.
Artists in Print (673-6941)
Blue Bear School of Music (673-3600)
Center for Educational Telecommunications (441-0322)
Environmental Federation of California (441-5970)
Friends of the S.F. Public Library (558-3770)
Magic Theatre (441-8001)
Media Alliance (441-2557)
Mexican Museum (441-0404)
Performing Arts Workshop (673-2634)
Poetry Film Workshop (921-4470)
Public Broadcasting Assn. (673-9771)
Western Public Radio (771-1161)

BLDG F.
Whole Earth Books-Mail order only (441-7250)

MARINE CENTER
Greenpeace (474-6767) Bldg E.
Lifeline Marine Research (775-6497) Bldg E.
Marine Center Planning (775-4640)
Maritime Humanities Center (771-3488)
National Liberty Ship, SS Jeremiah O'Brien (441-3101)
Oceanic Society (441-5970) Bldg E.
Oceans Magazine, Oceans Expeditions
Project Tekite (566-9390) (771-7327)
Yacht Racing Assn. of S.F. Bay (771-9500)

BLDG 240
American Youth Hostels, Inc./Travel Store (771-4646)
San Francisco Int'l. Hostel (771-7277)

The Fort Mason Foundation, a privately-funded nonprofit organization, is engaged in renovating surplus military buildings at Fort Mason, headquarters of the Golden Gate National Recreation Area.. The Foundation administers Fort Mason Center which is located on the Bay between Aquatic Park and the Marina Green. In less than six years, the Center has become a national model for low-cost community-responsive urban parks.

We invite you to bring your conferences, classes, performances, meetings or benefits to Fort Mason. Space for suitable activities is available for a nominal daily or hourly fee. Enjoy the pleasure of teaching, working, or performing in this unusual national park location. Call 441-5706 for booking appointments and information.

ATTENTION SENIORS!

Are you a Senior Citizen, a person new to exercise or just plain out of shape? New Dimensions may be just what you are looking for.

Although instructors Marilyn and Jean Taylor have had an aerobics class at Fort Mason Center since June of 1982, they recently discovered the need for a special class for Seniors and people new to exercise. After consulting with a physical therapist to learn the best methods, Jean and Marilyn began the "Stretch Class" last September. This program is offered FREE to all Seniors and is attended by men and women, ages 26 through 84.

Participants in the "Stretch Class" work on improving their flexibility through a series of gentle stretches and learn methods of improving strength and tone in the large muscle groups. The instructors have been impressed with the enthusiasm, energy and friendly attitude of the "Stretch Class" students.

Since both Jean and Marilyn Taylor teach the new program, students have the added benefit of each instructor's perspective and unique approach to exercise.

New Dimensions also offers a Hatha Yoga class. In this program, Instructor Shirley Dockstader emphasizes stretching, flexibility and balance in order to increase physical endurance and a healthier mental attitude. For those interested in a vigorous program of fitness, the aerobics class includes warm-up stretches, aerobics for cardiovascular conditioning, calisthenics for body toning and strengthening and ends with stretches and a short meditation. Beginning this month, New Dimensions will further expand by offering 1½ hour aerobic and body conditioning classes 3 times a week.

The instructors at New Dimensions have provided a variety of low-cost exercise programs for all levels of fitness. All you need is loose clothing and an interest in a healthier body. Remember the "Stretch Class" is FREE to all Seniors. If you have any questions about any of the New Dimensions classes call 456-7525 or 332-9017.

THE DANCER'S ORGANIZATION

Did you know there are more dancers living and working in the greater Bay Area than in any other part of the country outside New York City? Well it's true! During the past decade, the Bay Area has become a major dance center with an international reputation for innovation, vitality and diversity. In any one month, you can choose from an incredible range of performances by jazz, ethnic, modern dance and ballet companies and by scores of independent artists.

More than 100 dance companies and schools, and 500 individuals belong to the San Francisco Bay Area Dance Coalition, a non-profit service organization which assists, represents and promotes the Bay Area dance community.

The Dance Coalition is located at Fort Mason Center in Building C, Room 265 and offers members a broad spectrum of services, some geared to the dance professional, others useful to anyone who loves dance or wants to know more about it.

The Dance Coalition publishes a monthly **Dance Performance Calendar,** produces a monthly informal concert series featuring Bay Area artists (the "Low-Tech" series), provides information on dance classes in all styles throughout the Bay Area (for kids as well as adults), and maintains a library of dance-related information.

Photo: Gary Snick

Evangel King performs in the Dance Coalition's monthly Low-Tech Series.

Visitors are welcome at the Dance Coalition, Monday through Friday 9-5, or you may call at 673-8172. Be sure to request a sample copy of the **Dance Calendar** to find out who's performing this week or next.

—Sukey Lilienthal

SILENT AUCTION FOR W.O.M.A.N.

W.O.M.A.N. Inc. is a non-profit community-based agency operating to break the cycle of violence dominating the lives of thousands of women and children in San Francisco. This month W.O.M.A.N. Inc. will sponsor a fundraising auction at Fort Mason Center, to help keep the doors and phone lines open to battered women and to encourage involvement from the larger community. The silent auction will be held on Saturday March 19, from noon until 3pm in Building C and features a variety of new and valuable merchandise — furniture, bikes, stereo equipment, classes, theatre tickets, weekend resorts and much more. There will also be music and entertainment for the entire family.

The problem of woman battering is hidden within the private realm of family life and thus is one of the least reported crimes. Through community education and support services, Women Organized to Make Abuse Non-Existent (W.O.M.A.N., Inc.) assists battered women and their children in determining alternatives to abuse and rebuilding their lives free of violence.

Initially, W.O.M.A.N. Inc. operated a shelter program, focusing on services primarily for women leaving the abusive relationship. After one year of shelter operation the agency recognized a gap in services for the large population of abused women unequipped to leave their situation. In the majority of cases: lack of resources, threats, fear and isolation immobilize and lock women into the violent home. To assist women in regaining a sense of control over their lives and for utilizing their own resources and community aid, W.O.M.A.N. Inc. provides counseling, legal assistance, institutional advocacy, support groups and community education. Although the organization directly provides these services to battered women and their children, the entire community of W.O.M.A.N. Inc. supporters is responsible for allowing the agency to continue operating. Locally based foundations and corporations have, in the past, been instrumental in granting seed money to implement new programs within the organization.

Generous funding in 1982 from the Koret Foundation created a comprehensive legal services program for battered women. In an attempt to eradicate the generational cycle of domestic violence, the agency is currently soliciting funding to develop a program for children who witness violence in their homes. While corporate funding is rapidly drying up due to a flood of requests from social service organizations facing federal and state budget cuts, W.O.M.A.N. Inc. still maintains a high level of services on a shoe-string budget and with a relatively small staff.

W.O.M.A.N. Inc.. encourages supporters to come to the silent auction. It will be wheelchair accessible and ASL interpreted. For more information about W.O.M.A.N. Inc.'s services and the First Annual Community Auction — call 864-4777.

— Naomi Porat

Friends of the Fort will be admitted at reduced prices to events printed in Italics

BLUE BEAR SPRING QUARTER

Blue Bear School of Music, now in its 12th year, continues to offer a varied program of lessons, classes and workshops in all styles of popular music. Blue Bear students range from absolute beginners to aspiring professionals — 10 to 74 years of age.

In addition to private lessons on most electric and acoustic instruments, including drums and voice, Blue Bear teaches music theory from ground zero up to jazz improvisation, ear training, sight-singing and music business. Blue Bear's performance workshops let students hone their skills while playing in a live band situation. The Winter Quarter Workshops will perform free to the public on Monday and Tuesday, March 28 and 29, 8pm at Blue Bear's Marina Music Hall in Building D. Programs at Blue Bear are constantly evolving to keep abreast of the popular music scene. The most recent addition to the schedule are the Synthesizer courses-Synthesizer 1, an overview of synthesizer theory and the various products now on the market; and Electronic Composition, a more advanced course that includes private studio time. Both courses provide hands-on experience with the synthesizer.

Also featured this Spring is a five-week Songwriting Workshop with Slash recording artist and club headliner Bonnie Hayes, who has returned to San Francisco after a promotional tour for her recent album with the Wild Combo, GOOD CLEAN FUN.

Registration for Spring Quarter opens March 21 and programs run from April 11 to June 11. Call Blue Bear School of Music at 673-3600 for a free catalog and further information.

Join Us

DID YOU KNOW . . .
Did you know that behind Fort Mason are hundreds of individuals like you who believe in the ideal of free and low-cost programs responsive to people's interests and needs?

BECOME A FRIEND OF THE FORT—
Your financial assistance will help us to continue our transformation of this old fort into lively theatre, galleries, music halls, offices and classrooms. And your involvement in events and programs at the Center will help fulfill the possibilities of this unique project on San Francisco's waterfront.

Friends of the Fort Benefits

Individual—Monthly Calendar, membership card, discount on Magic Theatre's season subscription (Aug & Sept only) 5% off sales at SFMMA Rental Gallery
Family—Same as above + 2nd membership (same name)
Participating—Same as above + 1 coupon for free fine arts poster of an original painting
Supporting—Same as above + 1 year subscription to Oceans Magazine & the opportunity to purchase up to 4 tickets to a no-host dinner at Greens w/complimentary wine
Donor—Same as above + 2 tickets for a Whale Watching trip or 1 ticket for a Natural History Trip to the Farallon Islands.
Sponsor—Same as above + 2 tickets to a Gala Opening Night at Magic Theatre, (play & catered reception).
Patron—Same as above + tickets to a Liberty Ship Cruise

☐ PATRON - $1,000 or more
☐ SPONSOR - $500
☐ DONOR - $250
☐ SUPPORTING - $100
☐ PARTICIPATING - $50
☐ FAMILY (2 adults, children under 18) - $25
☐ INDIVIDUAL - $15
☐ CORPORATE SPONSOR - $1,000 or more
☐ CORPORATE SUPPORTER - $500

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Checks payable to FORT MASON FOUNDATION
All Contributions are tax-deductible. For further information, please call 441-5706
FORT MASON, Building A, San Francisco, CA 94123

FORT MASON CENTER

Daily recorded messages
of Fort Mason Activities
and events: 441-5705

March 1983

All events are presented through the cooperation of Fort Mason Foundation and the Golden Gate National Recreation Area. Visit Fort Mason Center, Laguna and Marina Blvds., S.F. 94123. 441-5705.

1 TUESDAY

Playwright's Ctr script-reading critiques. "The Ascent" by Sue Dunlar. 2 couples on a backpack trip. + "A June Day" by Elizabeth Jeffress. A wedding anniversary is complicated by neighbors. 7:30pm $2 Bldg C 931-2392

2 WEDNESDAY

Keeping the Taxman At Bay Record keeping for the IRS. Brown bag wkshp spon. by BALA. Bring questions & lunch. Noon-1pm $5/$4 mbrs Bldg B 775-7200

Bay Area Triathlon Club features films of recent Triathlons w/commentary by participants. 7pm $3 Bldg C 921-7188

Fool For Love ***Sam Shepard directs his latest work. A diabolical relationship is revealed in a Mojave desert motel room while outside menace & mystery stalk in the night. Starring Ed Harris at Magic Theatre. 3/2-27 Wed-Sun 8:30pm $9.50/$7.50 Srs Stu Mat 3/6, 13, 20 $7.50 Bldg D 441-8001. Friends of the Fort $1 off w/FMC mbrs. card***

3 THURSDAY

Whatever Happened to the Energy Crisis? Real life energy issues from economics, health, environment to career opportunities & computer applications. Thur 3/3, 10, 17, 24, 31 7:30pm FREE Bldg C 332-8200

The Daughters of Erin pres. by Lilith—written by Carolyn Myers & Elizabeth Roden. Turn of the century Irish women involved in political struggle & choices they have to make. 2/11-3/20 Thur-Sun 8pm Mat 3/6, 13, 20. Sun 2pm $6/Thurs & Sun $7/Fri-Sat $4/Mat at People's Theatre Bldg B 776-8999

Fool For Love see 3/2

4 FRIDAY

U.S. China Peoples Friendship Assn. Monthly meeting educational programs on art, politics, travel & life in the Peoples Republic of China. 7:30pm $2/$1 mbrs Bldg B 863-0537

Off Spring 6 Improv. theatre, comedy & music based on audience suggestion. Directed by Sue Walden. 3/4, 5, 11, 12, 18, 19, 25, 26 Fri-Sat 8:30pm $4 Bldg D 771-1046

Underwater Photographic Society. Monthly meeting & slide show. 7:30pm FREE Bldg C 697-2836

Plowshares Coffeehouse pres. The Bluesteins' Concert & Dance. Old-time string band. 8pm $5/$2.50 Srs Bldg C 441-8910

Fool For Love see 3/2

Daughters of Erin see 3/3

5 SATURDAY

Relax With Tax seminar on essential info for ind. artists & small business. Pres. by BALA 9am-1pm $20/$15 mbrs Bldg C 775-7200

Jump-Rope-A-Thon fundraiser by students from participating SF schools. Learn a new sport, win prizes, meet celebrities & help a good cause. All welcome to watch. Spon. by American Heart Assoc. & Cal. Assoc. for Health, P.E., Rec. & Dance 9am-noon FREE Pier 2 433-2273

Psychic Horizons educational inst. presents lecture on psychic awareness + ind. readings for demo part. 1-3pm FREE Bldg C 753-6001

Audition for Kids for Kids TV show. Pres by Theatre Experience. All Welcome 2-4pm $5/under 12 FREE Bldg C 775-4266

3/5 Jump Rope-A-Thon

Cambodian Music/Dance classical & folk dance w/trad. music by Salaa Paq-Kmae: Apsara SF Resident refugee group. Pres by World Music Network. 8pm $5/$4 mbrs Bldg C 441-5778

Fool For Love see 3/2

Daughters of Erin see 3/3

Off Spring 6 see 3/4

6 SUNDAY

Plowshares Coffeehouse pres. Brian Freeman & Deborah Sandler doing trad. music of British Isles & America. 7:30pm $3.50/$2.50 Srs Bldg C 441-8910

Remembrance Of Things Past—***3 Epochs in Poetry. The 30's: The great depression & the Anti-Fascist resistance, poems by Spender, Auden, MacLeish, Patchen, Maxwell Bodenheim & others + music. 7:30pm $2 Bldg D 621-3073. Friends of the Fort 25% off w/FMC mbrs. card***

Fool For Love see 3/2

Daughters of Erin see 3/3

7 MONDAY

Oceanic Society Mbrshp open house 6pm FREE Bldg C 441-5920

8 TUESDAY

Playwright's Ctr script-reading critique. "My Town" by Lynn Elliott. A reporter's life is affected when he investigates a murder. 7:30pm $2 Bldg C 931-2392

9 WEDNESDAY

Copyright/Music Score Rights for film & video. Brown-bag wkshp spon by BALA. Bring questions & lunch. Noon-1pm $5/$4 mbrs Bldg B 775-7200

The Ultimate in Sports. Learn to experience an athletic high on demand w/new mental & physical method. 8pm $5 Bldg B 474-8234

Fool For Love see 3/2

10 THURSDAY

Golden Gate Audubon Society general membership meeting 7:30pm FREE Bldg C 843-2222

Fool For Love see 3/2

Daughters of Erin see 3/3

Energy Crisis? see 3/3

11 FRIDAY

2nd Friday Poetry Series w/Gwen Carman—Poet, "Final Draft" Radio Producer & Performer will read w/Louisiana Poet Roland Forte. 8pm $2 Bldg C 441-0640

Irish Country Dance/Concert w/Larry Lynch. Live music & entertainment + aud. part. 3/11 & 25 8:30pm $4 Bldg C 863-6424

Fool For Love see 3/2

Daughters of Erin see 3/3

Off Spring 6 see 3/4

12 SATURDAY

Treasure Chest of Quilts wearable art/miniatures/wall hangings/quilts/quilting supplies/quilt drawing. Spon. by SF Quilters' Guild. Sat 10-6 Sun 10-4 $2/$1 Srs mbrs Bldg A 585-6361

Krishna Bhatt N. Indian classical sitar music w/tabla. Pres by World Music Network. 8pm $5/$4 mbrs Bldg C 441-5778

Fool For Love see 3/2

Daughters of Erin see 3/3

Off Spring 6 see 3/4

13 SUNDAY

Poetry Reading by Edmond Jabeo, French writer. Translated by Rosemary Waldrop & poet Jerome Rothenberg. Pres by Pen/West Translation Ctr & Poetry Ctr SF State 2pm $3/$2 mbrs Bldg C 549-1010

Remembrance Of Things Past ***The Beatnick Era. The Poetry of Kerovac, Burroughs, Corso, Ginsberg & Ferlinghetti + music. 7:30pm $2 Bldg D 621-3073. Friends of the Fort 25% off w/FMC mbrs card.***

Plowshares Coffeehouse pres. Sally Rogers singing w/dulcimer & guitar Howie Bursen on old time banjo. 7:30pm $3.50/$2.50 Srs Bldg C 441-8910

Fool For Love see 3/2

Daughters of Erin see 3/3

Treasure Chest of Quilts see 3/12

Photo: Valentine Atkinson

3/2-27 "Fool for Love"

14 MONDAY

IBM/PC Users group meeting. Discuss/demos/exchange info. 8pm $1 Bldg C 751-2231

15 TUESDAY

Playwright's Ctr script-reading critique. "Casa Rosa" by Lucille Bogue. The near-tragic results of a husband's jealousy. 7:30pm $2 Bldg C 931-2392

16 WEDNESDAY

Know Your Rights musicians guide to copyright. Brown-bag wkshp spon by BALA. Bring questions & lunch. Noon-1pm $5/$4 mbrs Bldg B 775-7200

North Coast Rivers White-water rafting enthusiasts show the best of their slides on Cal.'s pristine northern rivers. 7:30pm $2 Bldg C 771-0400

How to Make and Sell Your Own Records A City Arts Monthly/City Beat forum with rock star Bonnie Hayes, producer Fred Catero and others discussing aspects of production and promotion of self-made records. 7-9pm $5 general/$2 City Celebration members Room 300, Bldg C 474-3914.

Fool For Love see 3/2

17 THURSDAY

St. Patrick Was A Poet—***Irish Poetry Reading from Joyce, Yeats, Brendan Benan, O'Flaherty & others + open reading for Irish inspiration. 7:30pm $2 Bldg D 621-3073 Friends of the Fort 25% off w/FMC mbrs. card***

Fool For Love see 3/2

Energy Crisis? see 3/3

Daughters of Erin see 3/3

18 FRIDAY

Plowshares Coffeehouse pres. Johnny Moynihan sings Irish songs to a variety of instruments. 8pm $5/$3.50 Srs Bldg C 441-8910

Fool For Love see 3/2

Daughters of Erin see 3/3

OffSpring 6 see 3/4

19 SATURDAY

Bankruptcy History of law/current develop./special applications/research bibliography. Pres. by No. Cal. Assoc. of Law Libraries Annual Inst. 9am-5:30pm $45/$35 mbrs Bldg A 442-7253

SF Apple Core General meeting of Apple computer users group. Demo. of new software & hardware + exchange ideas & info. w/other Apple users. Public welcome 10am-1pm FREE Bldg C 566-2342

SS Jeremiah O'Brien open ship weekend w/engine running & original coal stove galley operating. 3/19&20 11am-4pm $3/$1 Srs, chdrn $6/fmls Pier 3 East 441-3101

W.O.M.A.N., INC.
REFUSE TO BE ABUSED

W.O.M.A.N. Auction New merch/tickets/community services + live music & entert. Benefits domestic violence services. Noon-3pm $1/under 16 FREE Bldg C 864-4777

Black Writers Forum M'wile Askari, Naima Majid & Jennifer Blackman Lawson discuss "public showcase," the best time to put your work on display. 1:30pm FREE Bldg C 441-0640

Chanting Homer + new trans. of Odyssey & Iliad by Nanos Valaoritis & Diane DeLaet. Pres. by Pen/West Translation Ctr 2pm $2 Bldg B 549-1010

Chinese Classical Orchestra of SF Sek Cheong Siu directs unique performance of master Chinese musicians. Pres. by World Music Network. 8pm $5/$4 mbrs Bldg C 441-5778

Fool For Love see 3/2

Daughters of Erin see 3/3

OffSpring 6 see 3/4

20 SUNDAY

Sisters For women who are sisters by birth or choice. Panel discuss/lecture/part. dialogue to explore this relationship. 9am-4:30pm $100 or $60-sisters before 3/7, incl. lunch Bldg A 921-8506

Remembrance Of Things Past—***The Hippie Era. Psychedelic Poetry of the 60's. Ginsberg, Welch, Tim Leary, Lamantia, Lenore Kandell & Erica Jong + music. 7:30pm $2 Bldg D 621-3073 Friends of the Fort 25% off w/FMC mbrs card***

Plowshares Coffeehouse pres. J.C. Burris w/Tom Ball & Kenny Sultan. An evening of the blues. 7:30pm $3.50/$2.50 Srs Bldg C 441-8910

Fool For Love see 3/2

Daughters of Erin see 3/3

SS Jeremiah O'Brien see 3/19

22 TUESDAY

Playwright's Ctr script-reading critique. "Final Triumph" by Jon-Arthur McDonald. An 1870's troupe of actors decide between progress & Hopi traditions. 7:30pm $2 Bldg C 931-2392

23 WEDNESDAY

Employee or Freelancer? It makes a difference in the new "Work For Hire" laws. Brown-bag wkshp spon by BALA. Bring questions & lunch. Noon-1pm $5/$4 mbrs Bldg B 775-7200

Voodoo Automatic & Red Rain ***These 2 new works in Soon 3's visual theatre style premiered in NY City & feature Karin Epperlein & Tom Fleming. At Magic Theatre. Previews 3/23-26 Wed-Sat 8:30pm $7.50 Opens 3/30-5/15 Wed-Sun 8:30pm $9.50/7.50 Srs Stu Bldg D 441-8822 Friends of the Fort $1 off w/FMC mbrs card***

Fool For Love see 3/2

24 THURSDAY

Hawaii/San Francisco: Ocean Canoe and Modern Shipping w/Fred A. Stint specialist in Pacific shipping & author of "Matson's Century of Ships" + Roy Ching—President Outrigger Canoe Club & expert on the Hawaiian canoe. Pres. by Maritime Humanities Ctr 7:30pm $1 Bldg A 771-3488/89

Real Men Do Eat Quiche workshop preview about men for women & men and full of surprises, stunning honesty & hilarity 7:45pm FREE Bldg C 652-4452

Fool For Love see 3/2

Energy Crisis? see 3/3

Voodoo Automatic/Red Rain see 3/23

25 FRIDAY

SF Open Dart Tournament 2nd annual. 1st event Sat 10am. Prizes. 3/25, 26, 27, Fri 7-11pm Sat 10am-10pm Sun 10am-7pm $12/entry fee per person per event Bldg A 552-6618

Fool For Love see 3/2

Irish Country Dance/Concert see 3/11

Voodoo Automatic/Red Rain see 3/23

OffSpring 6 see 3/4

26 SATURDAY

Breaking Out Without Breaking Up For women in personal/career change. Wkshp uses Jungian type inventory to determine strengths & values. 9:30am-4:30pm $40 Bldg D 654-0570

Modeling Marathon 6 hr life drawing event for amateur & prof. artists w/nude & costumed models of Model's Guild 10am-4:30pm $10/$9 Srs Stu $5/half day Bldg C 652-5324

Gamelan Sekar Jaya Balinese Gamelan music/dance w/guest artists from Bali. Pres. by World Music Network. 8pm $5/$4 mbrs Bldg C 441-5778

Fool For Love see 3/2

Voodoo Automatic/Red Rain see 3/23

Dart Tournament see 3/25

OffSpring 6 see 3/4

27 SUNDAY

Golden Gate Postcard Club Display/swap/trade/buy/sell. 1:30-3:30pm FREE Bldg C 283-6584

Poetry Film Kaleidoscope Very simple & complex treatments of a fascinating mix-media. 7:30pm $2 Bldg D 621-3073

Plowshares Coffeehouse pres. an evening of Jewish Music by local Bay Area musicians 7:30pm $3.50/$2.50 Srs Bldg C 441-8910

Fool For Love see 3/2

Dart Tournament see 3/25

Voodoo Automatic/Red Rain see 3/23

28 MONDAY

Blue Bear School of Music Jazz Wkshp/Show A performance from materials prepared over the Winter quarter. 8pm FREE Bldg D 673-3600

29 TUESDAY

Playwright's Ctr script-reading critique. "Myester: A Tragedy" by Christopher Bernard. A king returns in triumph to a festival honoring his victory. 7:30pm $2 Bldg C 931-2392

Blue Bear School of Music Rock Wkshp/Show A performance from materials prepared over the Winter quarter. 8pm FREE Bldg D 673-3600

30 WEDNESDAY

Some of That Resale Price May Be Yours the amended Resale Royalties Act for Fine Arts. Brown-bag wkshp spon by BALA. Bring questions & lunch. Noon-1pm $5/$4 mbrs Bldg B 775-7200

Voodoo Automatic/Red Rain see 3/23

31 THURSDAY

Energy Crisis? see 3/3
Voodoo Automatic/Red Rain see 3/23

Children's Classes

SF Children's Art Ctr. offers instruction in painting, drawing, printmaking & sculpture. Individual attention to each child's development ages 2-10. Bldg C 771-0292

Academy of Media & Theatre Arts offers classes in creative drama for children 8-12. Classes meet 15 wks on Sat. For info. & reg. Bldg C 776-4720

Children's Animation Workshop 1982-1983 Make your own films using cutouts, clay, collage & film strips. Make sound effects & graphics based on your own story/poem. Begins Sun 3/6 Adv. Reg. 11am $25/6 wks. Bldg D 621-3073 Friends of the Fort 25% off w/FMC mbrs card.

Martial Arts

ICI Tai Chi Chuan w/Sifu Fong Ha. Complete classical forms w/emphasis on meditative aspects. Tue Thur 7-9:30pm $40/mo. Bldg C 524-4718

Chinese Martial Arts w/Jack Man Wong. Tai Chi Chuan & Northern Shaolin for robust health, high spirits, rational thinking & self-defense. Wed Fri 6-8pm Sun 10am-12pm Bldg C $30/mo 261-7105

Classes and Workshops

Health & Recreation

YMCA Classes Call 885-0460

- **Ballroom Dance** Ernie Haeusslein's popular class for beginners thru advanced, plus an hour of social dancing. Wed 7:30-10:30pm 8 wks. Singles $22/$17 Y mbrs, couples $40/$30 Y mbrs Bldg C
- **Dance Exercise w/Judy Kilmartin.** A fitness program of warmup, stretching & aerobic dances to music, improves strength, endurance & muscle tone the Y's way. Mon Thur 6:30pm $3/cl $35/6 wk Bldg C

The Work of Doris Breyer A gentle movement class utilizing the healing potential of your energy's free flow to restore health, flexibility & youthfulness. Sat. 9am Bldg C $5/cl 681-4405.

Aerobic Condition to Music Mary Fischer's program to improve flexibility w/Yoga, develop greater strength w/dynamic resistance, improve endurance w/dance aerobics. Wear tennis shoes, men & women welcome. Mon & Wed 6pm. Tue & Thur 5:30pm, all classes 1½ hr $24/4 wks, $4/cl Bldg C 775-8229

Let's Move w/Stephanie & Sheila Earle. A fast paced workout for those who want to work hard. Sat&Sun 9-10am, Mon&Wed&Fri 6-7pm, Tue&Thur 7-8pm, $2/drop-in, $1.75 wcard, Bldg C 776-4509

Shaping Up w/Helene High energy co-ed exercise class that blends: jass warm-up, aerobic dance, muscle-toning & yoga stretches to "hot" music. All levels, bring mat. Sat 10am, Tue Thur 6pm, $22.50/6cl., Bldg C 387-2140

Irish Country Dance Lessons for Adults Larry Lynch U.S. Champion Dancer teaches fundamentals of Round, Long, Square & Couples dances. Thur Beg: 7:30pm, Inter: 8:30pm, $25/7 cls, Bldg C 863-6424

Dancergetics Co-ed aerobic fitness program. Dance-exercises choreographed to music. All ages & levels of fitness. Mon Wed 5pm, Sat 10am, $2.50/cl. Bldg C 432-4465

Sensory Awareness practical experiments aimed at intellectual quiet, full use of senses & breathing & a fuller presence in activities. Wed 10am & 6pm $150/12 wks Bldg C 388-3219

Contemporary American Black Dance express attitudes/rhythmic movements/isolation of body parts/high energy movements & move like you never moved before. 3/4,11 Fri 7pm $6, Bldg C 771-1212

International Folk Dance of Balkan countries, East Europe & Mid-East for beg. & inter. No partners nec. Thurs 3/3-24 8pm $5/cl, $40/8 wks Bldg C 397-9297

The Best Workout in Town Leora Myers' exciting fitness activity combines aeerobics, calisthenics & dance w/live music. Sun 12pm bring mat $5/cl Bldg C 221-2683

The Perfect Diet End the search w/Fred Rohe. Natural foods clarify nutrition's ultimate dilemma. Sat 3/12 1-5pm $20 Bldg C 564-7024

Greek Folk Dance Learn fundamentals of authentic Greek dances w/Anna Efstathiou. Mon 3/7-28 7pm $4/cl Bldg C 339-8357

New Dimensions w/Shirley Dockstader, Jean & Marilyn Taylor. Bldg C 332-9017

- **Aerobics** Stretching aerobics, total body conditioning to rhythmic music for better physical & mental well being. Co-Ed Mon-Fri 8am, Mon-Sun 9am, Mon Wed Fri 5:30pm, Tue Thur 5pm. Tue Wed 6:30pm. 1st Class FREE. 1hr-$3/$2.50 w/cd, 1½hr-$5/$4 w/cd
- **Yoga** Emphasis on stretching, flexibility, building physical strength, endurance & mental peace. Mon 5:30pm, Wed 3:30pm $5/$4 w/cd
- **Seniors & People New To Exercise** Special class w/emphasis on stretching, flexibility & general body toning, Tue Thur 10:30am $3/$2.50 w/cd FREE for Seniors

Environment

Backpacking For Beginners Learn safe environmentally sound ways to enjoy the Wilderness & be able to go on a beginning backpacking trip. Tue 3/1-22 $55 7pm Bldg C 567-5441

Owner Builder Ctr. offers ongoing courses in Plan Drawing, Design, Housebuilding & Remodeling. Info. & Reg. call 526-9222

Visual Arts & Media

Media Alliance Classes/Panels info & registration Bldg D 441-2557

- **The Media Interview** Learn vital steps to set up & execute successful interviews. Topics: refining & illustrating your message/approaching the media/preparing/the interview. Lecture, demo, discuss + practice. Sat 3/26 9am-4pm $34
- **All Purpose Writing Course** Clear & concise writing/active & passive voice/tight phrasing/self editing/leads, transitions/endings. Weekly assign. + in-class exercise. For those who find it hard to write. Mon 3/28-4/18 6:30pm $58
- **Marketing Magazine Articles** Develop clear, flowing style/generate ideas/study markets/research/interviewing/write catchy leads. Wed 3/30-4/20 6:30pm $58
- **Producing TV For Children** Create a Children's TV show — start to finish. Incl: Ideas/formats/age groups/empl. opport./impact of deregulation by FCC. Thur 3/31-4/21 6:30pm $58
- **Expanding Freelance Earnings** by writing for foreign publications or reporting from abroad. Incl: analyzing prospects/markets/-story selection/prepar. for writing hard news & features/travel. Thur 3/31-4/14 6:30pm $40
- **Covering the Future** gen. mbrshp meeting 3/15 7:30pm $3

Basic Film Workshop Intro. to filmmaking incls. camera operation, scriptwriting, editing & creation of a 3 min. film. Begins 3/13-4/24 Sun $50/7wks 3pm Bldg D 621-3073 Friends of the Fort 25%off w/FMC mbrs card.

Ft. Mason Art Ctr. offers tuition-FREE, ongoing classes in painting, drawing, glass, *sculpture, jewelry-making, batik, ceramics,* quilting, weaving, art critique & curatorship. A Galileo-Marina Community College Ctr. program open to anyone 18 years & older. Info in Bldg B 776-8247

Academy of Media & Theatre Arts offers Classes in radio and video techniques for young people 12-19. For info. 776-4720

Artists in Print (AiP) offers workshops in pasteup production, graphic design, illustration, advertising agency art direction each spring & fall. Write AIP Survival Workshops, Ft. Mason Ctr. SF 94123 & SASE

Writing for Self-Expression/Publication w/Elliot Joseph. Develop your own style of writing & satisfy needs of editors & readers. Ltd enroll. Pre-reg. Thurs 2/17-3/24 8pm $90 Bldg C 441-5717

Education

Street Survival Class psychology of assault prevention, practical defense skills, how to fight back & win. 3/19 1-3pm $20. Bldg C 564-9140

Word Magic + The Power of Language An experimental writing workshop for poetry + fiction covering the innovations of classic modern poets & exercises stimulating originality. Wed 3/2-4/6 $25/6 wks 7pm Bldg D 621-3073 Friends of the Fort 25% off w/FMC mbrs card

Practical Celestial Navigation complete course w/emphasis on fundamental concepts. 7:30pm Thur 3/3-31 $95/series Bldg C 945-6383

Black Writers Workshop Poetry & prose are shared & discussed.. Publishing resources & how-to logistics provided Sat 1-3pm FREE Bldg C 441-0640

Intro. to Ideas of Gurdjieff Weekly meetings to discuss Gurdjieff's work, w/emphasis on practical application in daily life. Tue 8pm FREE Bldg C 626-9301

Tear Gas/Mace Self Defense Course incls: tear gas training & permit; instruction in psychology of assault prevention & simple defense skills. W/Judith Fein, Ph.D., author, Bk. Belt Korean Karate. Sat 3/19, 10am Thurs 3/10 7pm, $24/$20 pre-reg. Bldg C. 564-9140

Friends of the Fort will be admitted at reduced prices to events printed in Italics

Performing Arts

Blue Bear School of Music Spring Reg. now open for lessons, classes & workshops in popular music. Spring programs begin 4/4. Call for FREE catalog Bldg D 673-3600

Improvisation Classes w/Sue Walden info & reg. 771-1046

- **Improvisational Movement & Sound** Non-verbal communication/exploring body movement/sound/music. Use these elements to spontaneously create original rituals. Basic Improv. training helpful. Tue 3/8,15,22,29 7:30pm $50 Bldg E
- **Space Object & Where** Work Create objects out of space individually or cooperatively. Class size limited. Tue 3/8,15,22,29 8pm $50 Bldg E
- **Improvising Characters 1** Become someone else & hold on to a character within a scene or exercise. Class limited. Pre-Req: Improv. Scene Work. Mon 3/7,14,21,28 7:30pm $50 Bldg E
- **Improvising Characters 2** More advanced exercises. Pre Req: Inter. Scene Experience & Characters 1. Class limited. Wed 3/9,16,23,30 7:30pm $50 Bldg E
- **Open Workshop in Improvisation** Explore games, exercises, performance frameworks that make spontaneous theatre work. Non-compet., fun. No experience nec. Thur 3/10 7:30pm $5 Bldg C

Photo: Sue Walden

3/4-26 Off Spring 6

Academy of Media & Theatre Arts classes *in Basic* Acting Techniques, Scene Studies and Audition Techniques, Musical Theatre and Media Techniques for young people 12-18. Bldg C 776-4720

San Francisco Theater Academy offers classes in the Stanislavski System: Psycho-Physical Acting Technique. Mon-Wed-Fri 10:30am-1pm Bldg C 775-1533

People's School of Dramatic Arts of the People's Theatre Coalition provides professional/multi-disciplinary skills in acting/playwriting/directing/design. Special wkshps incl: Playwrights Wkshp, Elements of Theatre Criticism, Vocal Production, Comedy Tech, Physical Comedy, Shakespearean Acting. Bldg B. For info 885-2790.

Galleries

Mexican Museum "Paintings on Paper" by Roberto Mungia. Large, shaped paper paintings/3 dimensional sculpture/paintings in deep luminous colors. Opening recep. 3/10 Thur 6pm Wed-Sun 12-5pm $1 Bldg D 441-0404

Perception Gallery presents "Monoprints & Happenings on Paper" by Gordon Robinson 2/27-3/26. Also Edgar Frank-"Retrospective" Paintings covering the lifespan of the late Edgar Frank 3/27-4/9 Tue-Sat noon-4pm Bldg C 776-0347

Contemporary Crafts Meyer, Breier, Weiss Gallery presents "Buildings" by Stephanie Chiacos, John Gill, Jay Kvapil, Jens Morrison, Yoshio Taylor 3/1-4/1 Tue-Sat 11am-5pm Bldg A 928-2119

World Print Gallery presents "Experimental Etching Studio, Boston — Recent Work" 3/8 5:30-7:30pm Opening Recep. Show 3/2-4/1 Mon-Fri 10am-5pm Bldg B 776-9200

SF Museum of Modern Art Rental Gallery presents Watercolors by Vita Pavich & Paintings by Christine Van Camp & Elaine Wonder. Opening Recpt. 3/1 5:30-7:30pm Show 3/1-4/1 Tue-Sat 11:30am-5:30pm Bldg A 441-4777

Middle Passage Art Show Artist's Workshop Guild presents a mixed media exhibit — paintings, photography & sculpture — at the African-American Historical and Cultural Society. 3/1-30 Tue-Sat noon-5pm FREE Bldg C 441-0640